

**Amendments to the Specification:**

Please add the following new paragraph on page 3 after paragraph [0014] beginning with "Fig. 5" on line 13:

FIG. 5A is a drawing of a handle bracket including flanges.

Please replace paragraph [0026] beginning on line 10 of page 5 with the following amended paragraph:

FIGS. 3, 4, and 5 show the structure of the articulating and rotating handle assembly 20A in accordance with one embodiment of the present invention. This embodiment is preferably used with an exercise machine wherein the primary movement is a pulling movement, such as for those exercises performed on the machine shown in FIGS. 2a and 2b. Referring first to FIG. 4, the handle assembly includes a handle bracket 40 having a base member 42. The bracket 40 is preferably U-shaped, with a grasping portion 44 rotatably mounted between the legs 46 of the U-shaped bracket. The grasping portion 44 is attached to the opposing legs 46 of the U-shaped bracket 40 by a bearing structure 48 at each end of the grasping member 44. The grasping member 44 can be cylindrical in shape, or can have a contoured shape to receive a person's hands and fingers for comfortable gripping and load bearing. The base member 42 of the U-shaped bracket 40 defines a collar 48 having a recess for receiving a first axle 50. The first axle 50 is attached in the recess by a through pin 52. The through pin 52 extends approximately parallel with the bottom portion 42 of the U-shaped bracket 40, however, any known means for attaching the axle 50 with respect to the collar would likely be acceptable. As shown in FIG. 5A, this ~~This~~ recess can also take the form of a pair of flanges 48', and the through pin 52 could form a pivot axis to actually allow the handle to pivot about the pivot connection formed between the flanges 48' and the axle 50.